

# Raw and rare

Delicious raw, lightly cured and seared dishes – from sashimi and ceviche to carpaccio and tartare



Lindy Wildsmith

Photography by Kevin Summers

## Classic cebiche with *leche de tigre* (tiger's milk) marinade

It is said that the secret of making good *leche de tigre* is that it must be made by a Peruvian! That said, the more research I do, the more I find no two Peruvians can agree on how it should be made. Basic ingredients include lime juice, chilli, red onion, ginger, salt and coriander. These ingredients, mixed with chopped or thinly sliced fish, create a milky substance, hence the word *leche* ('milk'). Add a splash of the local spirit, pisco, and *leche de tigre* morphs into panther's milk. With or without the spirit, it has a powerful reputation as an aphrodisiac and a hangover cure.

There are fancier cebiche marinade potions and concoctions, with added fish stock, orange juice, celery, garlic, squid ink... and even evaporated milk. These are often served as cocktails in elaborate glasses or tumblers with whole langoustines, squid and black scallops spilling over the top; a seafood cocktail as you have never seen it before. Hard-core enthusiasts dispense with the fish.

Serves 4

### For the cebiche

½ red onion

400g fish or seafood, or mix of choice, such as 300g sea bass or sea bream fillets, plus 100g large scallops [frozen 48 hours as for scallops with nectarine and lime?](#)

1-2 chillies

1 tablespoon chopped coriander leaves, plus more to serve (optional)

thumb nail-sized piece of root ginger, finely grated

2 teaspoons sea salt, or to taste

5 limes (traditionally they would be key limes)

### To serve

4 whole cooked large prawns or langoustines

celery heart stick with leaves (optional)

Peel the onion, finely slice, plunge into iced water and leave for 10 minutes.

Cut the fish fillets and scallops, or other seafood, into 1cm cubes and put them in a non-corrosive bowl.

Cut the chilli (es) in half, discard the seeds and the pith, chop finely and add to the bowl with the coriander and ginger. Drain the onion, pat it dry on kitchen paper and add.

When ready to serve, add the salt and mix once. Then cut open the limes and squeeze the lime juice directly over the fish mix. Mix twice. Taste and adjust the seasoning as necessary.

Divide between 4 squat tumblers, or glass dishes, and garnish each with a large cooked prawn and a celery heart stalk, or more coriander leaves, and serve.



## Venus de cebiche

In Nicaragua, ceviche is as popular as it is in any South American country, whether eaten in the capital's restaurants, or bought from a 'trike' on the quayside of San Juan del Sur on the Pacific coast. I was there for the *Fiera de productos pesqueros*, where I met Venus, dicing fish, cutting shrimp, chopping onions and squeezing limes. She was a vivacious and voluptuous young woman in a close-fitting dress, with glorious thick curls restrained by a hand-tied tiara of turquoise flowers. We tasted as she added chilli to the mix, a little at a time. Job done, she filled stacks of paper cups for the waiting crowd.

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### Serves 4

200g thick white fish, such as monkfish	1 small onion, finely chopped	juice of 8 limes
200g large shell-on prawns	1 celery stalk, finely chopped	½ green chilli, finely chopped
1 heaped teaspoon salt	handful of coriander leaves, chopped	

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Cut the white fish into bite-sized pieces.

Shell and devein the prawns. (If you prefer to cook them first, drop into simmering salted water for 60 seconds or until just pink, then drop into iced water to cool, then dry on a clean towel.) Cut into small pieces.

Put the fish and prawns into a bowl, add the salt and stir once. Then add the onion, celery and coriander, mix, then add the lime juice and a little of the chilli. Taste, see how hot it is and – if you like – add some more. Serve at once.



## Pistachio crusted tuna-roll with watercress and grapefruit salad

Bronte is an important agricultural town in Sicily, famous for its pistachio nuts and for giving the Bronte sisters their family name... but that is another story. Here you can enjoy pistachios in just about anything: pesto, ice cream, cake, chocolate, liqueur, pasta, marzipan... in all kinds of recipes, both sweet and savoury. They are sold in convenient packets already

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### Serves 2

300g tuna loin	1 heaped tablespoon finely chopped marjoram leaves
40g shelled pistachio nuts, finely chopped or crushed	1 teaspoon sea salt flakes

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Roll and prepare the tuna in advance, at least 1 hour before cooking. Dry the tuna and roll into a sausage shape. Cut a piece of cling film, large enough to roll the tuna in. Mix the pistachios and marjoram with the salt and spread it out evenly in the middle of the cling film, in a rectangle the width and circumference of the tuna.

Lay the tuna on the long edge of the pistachio and marjoram mix and roll it firmly to coat the tuna all over. This done, roll the nut-and-herb-clad tuna in the cling film, forming a 'sausage'; twist the ends of the cling film to seal the roll. Store in the fridge, then - 1 hour before cooking - transfer to the freezer.

Preheat a fan oven with top grill setting to its highest. LB rephrase

Unwrap the roll, put it on a baking tray close to the grill bars and cook for 10 minutes until golden. Now transfer to the bottom of the oven, switching from grill to oven setting for a further 10 minutes, for pink tuna. For well-cooked tuna, cook for 20 minutes. [What about people with Agas?](#)

Slice the tuna in 1cm slices and serve with vegetables, or on a Grapefruit and Watercress Salad.

## Grapefruit and watercress salad

Serve with sliced, cured or carpaccio of fish or meat for a simple-to-prepare, refreshing and unusual starter. Try using two colours of oranges instead of grapefruits when blood oranges are in season and serve the orange version with smoked or cured duck breast.

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### Serves 4

1 pink grapefruit	2 tablespoons extra virgin olive oil	freshly ground black pepper
1 white grapefruit	sea salt flakes	80g watercress, or mixed watercress and baby leaf salad

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Peel the grapefruit with a sharp knife, taking away both pith and skin. Cut into segments between the **RAIN POWER** working over a salad bowl to catch the juices, then drop the segments into the bowl.

Combine the oil and 1 tablespoon of the grapefruit juice in a screwtop jar. Season to taste and shake vigorously. When ready to serve, add the watercress and dressing to the bowl, toss and serve.



## Seared lamb with fennel seeds and lemon juice

Neck fillet of lamb is not always easy to find. Your local butcher may prefer to leave it as an integral part of the shoulder joint, rather than cutting it out and ‘spoiling’ the shoulder. It is therefore often easier to find in a supermarket, or from a butcher that sells New Zealand lamb neck fillets. It can be an inexpensive cut of meat, depending on where it was sourced. It is fattier than other fillets and has some sinew running through it, but it is delicious nonetheless. Allow one neck fillet for two people. Serve as a starter, or a light main with an orange and fennel salad, or – for a more substantial meal – with braised Puy lentils and stir-fried cherry tomatoes.

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### Serves 4

500g (2 x 250g) lamb neck fillets	1 small red chilli, deseeded	2 teaspoons mixed peppercorns
30g fennel fronds, or flat leaf parsley	2 heaped tablespoons fennel seeds	extra virgin olive oil
5 garlic cloves	2 teaspoons sea salt flakes	2 lemons

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Trim the lamb fillets of any fat, sinew or skin, shaping the meat into as even a sausage-shape as possible.

Chop the fennel, garlic and chilli together finely and put in a bowl. Crush the fennel seeds, salt and peppercorns in a mortar and pestle, then add to the chopped ingredients.

Lay a piece of cling film on a chopping board and tip half the prepared ingredients in the centre, creating a rectangle the length and circumference of the first neck of lamb. Roll the lamb in the chopped ingredients and press them in until the meat is well covered, then roll it up in the cling film and freeze for 2 hours. Repeat with the other neck fillet and chopped ingredients.

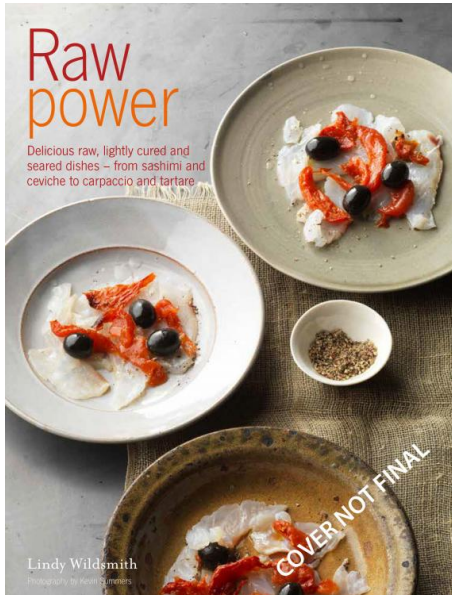
When ready to serve, heat a frying pan large enough to contain both neck fillets over a medium-high heat until white hot. Add enough extra virgin oil to cover the base of the pan and add the neck fillets. Fry, turning, until golden all over. This should take 5 minutes for rare, 10 minutes for medium, or 15 for well-done. Reduce the heat to medium if cooking for longer than 5 minutes. Try not to over-cook the lamb, whatever your preference; remember that the lemon juice will further ‘cook’ the meat. Put a serving dish and plates in a warm oven.

Transfer the meat to a chopping board and slice thinly. Arrange on plates and squeeze lemon juice over it all, or serve the lemon on the side of the plates for each person to help themselves. Scatter any of the lamb’s crust from the pan, that may have fallen off the meat, over the slices. Serve on warmed plates.



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## RAW POWER

### FABULOUS RAW AND CURED DISHES, FROM SASHIMI AND CEVICHE TO CARPACCIO AND TARTARE

#### By Lindy Wildsmith

- *Raw Power* is the new cookbook from Lindy Wildsmith, award-winning food and drink writer and author of the best-selling *Cured*.
- Well-timed to ride the global wave of interest in all things Paleo, this book gives 80 recipes for raw and lightly cooked food. Lindy's dishes of fish, meat, vegetables and fruits range from the truly raw – ceviche, sashimi, carpaccio and tartare – through the cured and smoked, to the lightly cooked. There's something here for everyone.
- *Raw Power* covers all the classics – sashimi from Japan, ceviche from South America, tartare from France and carpaccio from Italy – but also includes newer fusion styles, such as Tiradito from Peru and Hinava from Malaysia, as well as Lindy's modern take on age-old raw dishes.

In recent years there has been a global explosion of culinary interest in the age-old traditions of eating raw fish, seafood and meat. Suddenly, it seems, sashimi, ceviche, tartare and carpaccio have become the inspiration and focus for young chefs around the world. This book gives you all these recipes, plus many more modern fusion dishes, so you can create globally inspired raw food in your own kitchen.

This book has a wealth of ideas for preparing and presenting raw fish, meat, vegetables and fruits, but also provides variations if you prefer them lightly cooked, whether fleetingly applying the searing heat of a griddle, the flame of a blow torch, a waft of hot or cold smoke, a surge of bubbling stock, or a brief encounter with a pickling potion, merely to seal the succulence within.

*Raw Power* is raw gastronomy for the home cook, inspired by simple age-old culinary traditions. It provides in-depth ideas on how to use healthy, seasonal raw fruit, vegetables and salads as well as fish, seafood and meat to prepare fresh, highly nutritious, top-quality and stunningly presented dishes.

#### Author Information

Food writer, cook, teacher and traveller Lindy Wildsmith is a great believer in the importance of seasonal ingredients and connecting with the land, people and producers she meets. Her book *Cured* was shortlisted for the André Simon award and the Guild of Food Writers best food book. Her most recent book, *Artisan Drinks*, 2014, celebrated the pleasure to be had from making your own everything, from tisanes to champagne.

Lindy has worked with Chef Franco Taruschio OBE (founder of the famed Walnut Tree Inn) since his retirement 15 years ago. For many years she ran the Chef's Room cookery school in Wales, and now organises pop-up corporate and bespoke private cooking events, as well as teaching preserving and curing at The School of Artisan Food in Nottinghamshire, and Italian cooking at the WI cookery school, Denman College, near Abingdon.